

California Department of Public Health

Preventive Medicine with Integrative Health Care Track

CDPH PMRP is excited to announce the creation of a new residency track in Integrative Health Care. The track, Preventive Medicine with Integrative Health Care (PM/IHC), will enroll two physicians each year who are interested in a public-sector career addressing public health and IHC, as well as achieving health equity in disadvantaged and underserved communities of California.

Integrative health care is health care that embraces physical, mental, emotional, and spiritual factors; encompasses a full spectrum of health interventions, including prevention, treatment, rehabilitation, and recovery; emphasizes care coordination across caregivers and institutions; is patient-centered; and is open to multiple care modalities, including unconventional care.

Given its broad view of health promotion and disease prevention and its consideration of the social determinants of health, integrative health care pairs well with preventive medicine. According to Kligler and colleagues, “In focusing on prevention, patient empowerment and activation, and treating not only the patient but the family and the community, integrative health has the potential to significantly contribute to the prevention and treatment of many if not all of the chronic health problems causing morbidity and mortality in our society today, including obesity, cancer, cardiovascular disease, diabetes, violence, and depression.”¹ Furthermore, as implementation of the Affordable Care Act moves the U.S. health care system toward team-based, collaborative care that emphasizes prevention, preventive medicine physicians trained in integrative health care can play a critical role in this new delivery model.

Residents in the PM/IHC Track will complete a 200-hour online integrative medicine curriculum through the Arizona Center for Integrative Medicine, participate in experiential IHC learning opportunities, and gain direct patient care experience in PM with IHC at community-based clinics.

We particularly encourage individuals who are underrepresented minorities and/or from disadvantaged backgrounds to apply.

If you are interested in learning more about or applying to participate in the PM/IHC Track, please [contact us](#).

¹Kligler B, Brooks AJ, Maizes V, et al. Interprofessional competencies in integrative primary healthcare. *Glob Adv Health Med.* 2015 Sep;4(5):33-9.

